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ABSTRACT OF THE DISCLOSURE

The present invention provides a method for the determination of carbohydrate-free transferrin in a body fluid for use in the assessment of alcohol consumption, the method comprising (a) contacting a sample of the body fluid with a carbohydrate-binding ligand, to bind any carbohydrate or carbohydrate-containing moieties in the sample to the ligand; (b) separating a fraction not binding to the ligand; and (c) determining the content of transferrin in the fraction. Also provided are kits for carrying out such a method.